

The Many Voices of the SDPI: Reflections on the Past, Directions for the Future



- SDPI: Reflections on the past
- SDPI: Directions for the Future
- **Voices of SDPI**

A photograph of a sunset or sunrise. The sky is filled with warm, glowing clouds in shades of orange, yellow, and red. In the foreground, the dark silhouette of a tree with many thin, spiky branches is visible on the left side. The text "Lessons Learned" is written in a black, serif font, centered in the middle-right portion of the image.

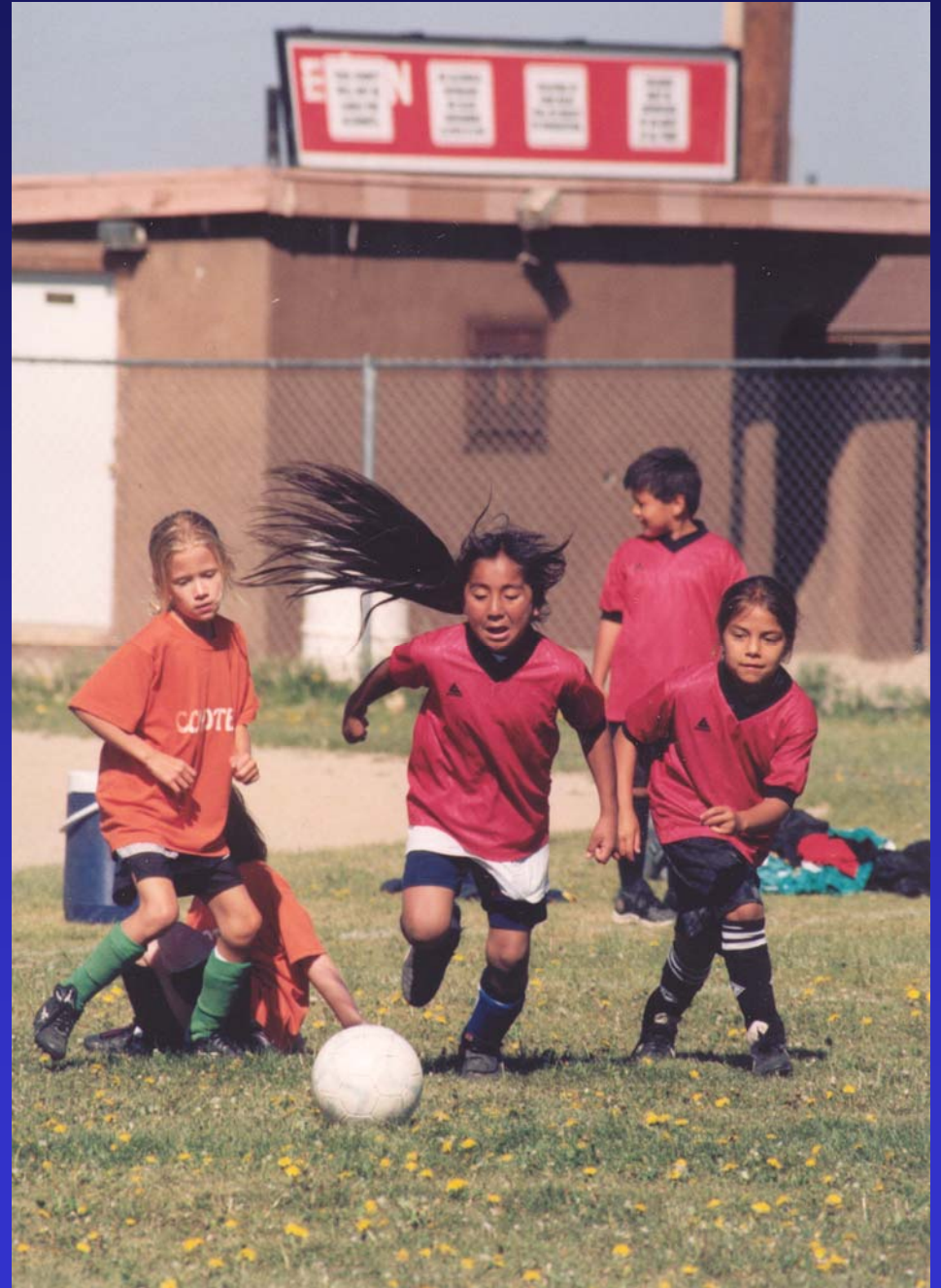
Lessons Learned



Don't reinvent the wheel.
Learn from each other!



Foster
creativity and
reward
innovation





Remember family and
community

Don't forget the
basics



Health For Native Life

Diabetes Prevention Program Special Edition



They Made the Switch!

**Eating Habits
Change for Good**



Say Good-bye to the Sofa!

**They're Up
and Running
(Walking,
Too!)**

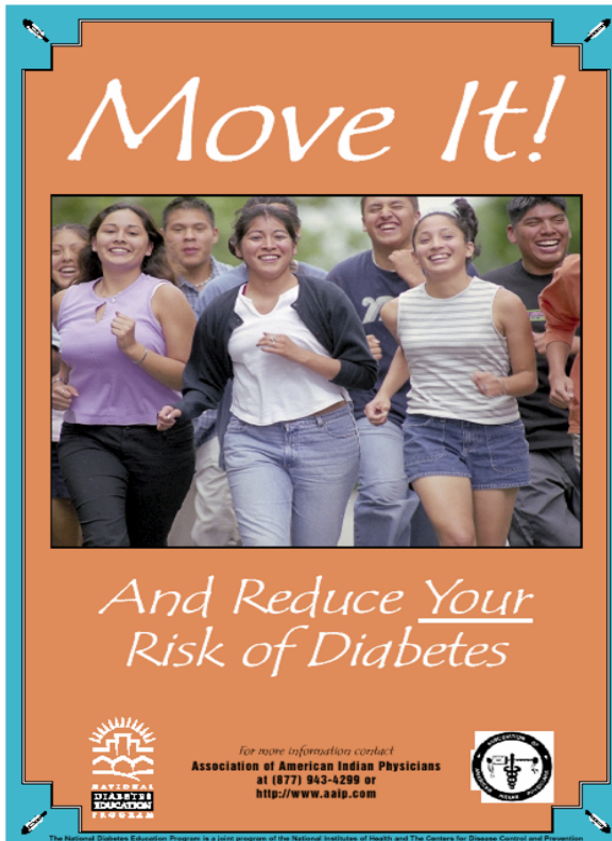
Southwest Celebrities

**People from Southwest Tribal
Communities Show Us How
to Prevent or Delay Diabetes**


**Celebrate
success!**

Partner with many and don't focus on who gets the credit


NDEP American Indian/Alaska Native Diabetes Prevention Campaign Materials




Move It!



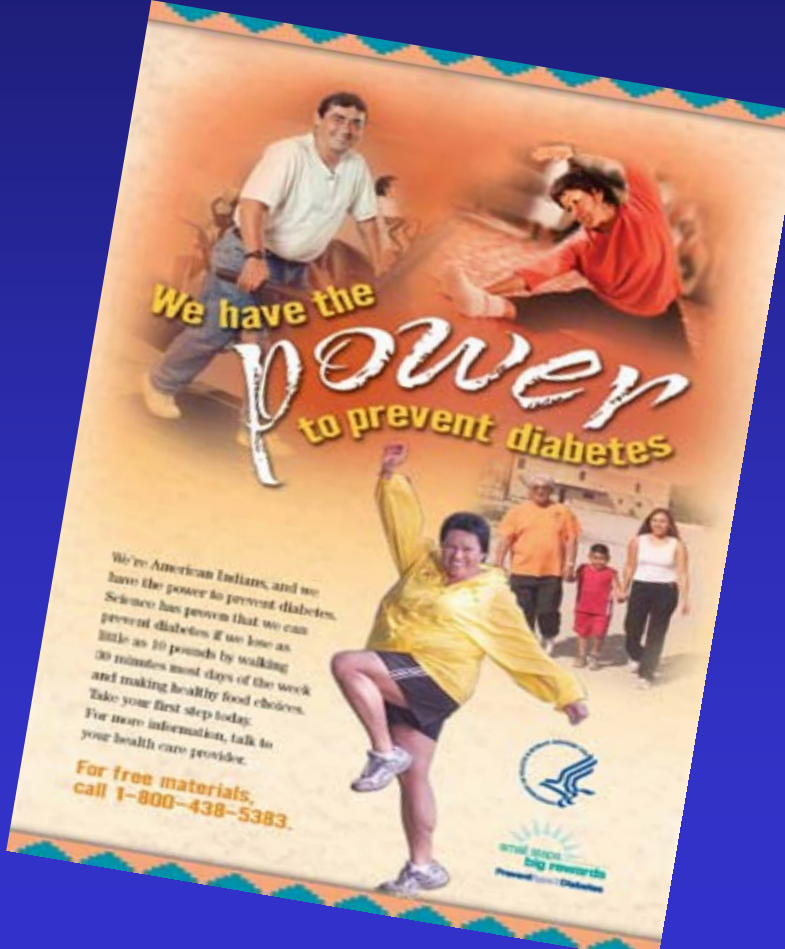
And Reduce Your Risk of Diabetes

 **NATIONAL DIABETES EDUCATION PROGRAM**



For more information contact:
Association of American Indian Physicians
at (877) 943-4299 or
<http://www.aaip.com>



The National Diabetes Education Program is a joint program of the National Institutes of Health and The Centers for Disease Control and Prevention.




We have the power to prevent diabetes



We're American Indians, and we have the power to prevent diabetes. Science has proven that we can prevent diabetes if we lose as little as 10 pounds by walking 30 minutes most days of the week and making healthy food choices. Take your first step today. For more information, talk to your health care provider.

For free materials, call 1-800-438-5383.

 **NATIONAL DIABETES EDUCATION PROGRAM**

Prevent Diabetes

More Lessons Learned



- It takes time to build infrastructure
- It takes time for message to sink in
- “You can’t hurry love”
- Local priorities = local ownership
- Evaluation requires an open mind

Voices of the SDPI



- **1960's - Diabetes studies in Pima Indians of Arizona**
- **1970's - Growing epidemic of diabetes in AI/AN throughout IHS**

"Not everything that
can be counted
counts, and not
everything that counts
can be counted."

Albert Einstein





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